



HEALTHY PETS, NATURALLY: THE AMAZING BENEFITS OF GREEN-LIPPED MUSSELS

UNLOCKING NATURE'S SECRET FOR FURRY FRIENDS

Pet owners are increasingly turning to natural supplements to support the health and well-being of their furry companions. One such supplement that has gained popularity is the green-lipped mussel (*Perna canaliculus*), a shellfish native to the waters of New Zealand. Renowned for its nutritional and therapeutic properties, green-lipped mussel is a powerhouse of nutrients that can provide numerous benefits for dogs and cats. Let's dive into why this natural wonder is worth adding to your pet's care routine.

A NUTRITIONAL POWERHOUSE PACKED WITH ESSENTIAL NUTRIENTS

Green-lipped mussels are a treasure trove of essential nutrients. They contain omega-3 fatty acids, glucosamine, chondroitin, vitamins, minerals, and amino acids, all of which play crucial roles in maintaining overall health. Omega-3 fatty acids are essential for reducing inflammation, supporting brain function, and promoting a healthy coat and skin. Glucosamine and chondroitin help maintain joint health and are especially beneficial for aging pets or those prone to joint issues.

UNIQUE BIOACTIVE COMPOUNDS

Green-lipped mussels also contain several unique bioactive compounds that make them particularly beneficial. One of these is eicosatetraenoic acid (ETA), a rare omega-3 fatty acid not commonly found in other sources. ETA is known for its exceptional anti-inflammatory properties, making it highly effective in managing chronic pain and inflammation.

Additionally, green-lipped mussels provide essential glycosaminoglycans (GAGs), which support connective tissue health, and naturally occurring minerals like zinc and selenium that contribute to a robust immune system. This combination makes them a comprehensive supplement for overall pet wellness.

EASY TO ADD TO YOUR PET'S DIET

Green-lipped mussel supplements come in various forms:

- **Powders:** Easily sprinkled over your pet's food for a hassle-free addition to their diet.
- **Capsules:** Can be administered directly as per dosage instructions or opened and mixed into meals.
- **Treats:** A delicious way to incorporate the benefits of green-lipped mussels while rewarding your pet.

Blue-lipped mussels are often freeze-dried or canned, offering another convenient option for pet owners who want to provide additional marine-based nutrition.

Tips for Introduction - When introducing green-lipped mussels to your pet's diet, start with small amounts and monitor for any adverse reactions. Gradually increase the dosage as recommended

by your veterinarian to ensure the best results. Some pets may take time to adjust to the new supplement, so patience and consistency are key.

JOINT HEALTH: MOVING WITH EASE

One of the standout benefits of green-lipped mussels is their ability to support joint health. This shellfish contains ETA, a unique omega-3 fatty acid with potent anti-inflammatory properties. It also provides natural cartilage-rebuilding compounds like glucosamine and chondroitin, which aid in repairing cartilage and improving joint lubrication.

For pets suffering from arthritis or hip dysplasia, green-lipped mussels can significantly reduce pain and inflammation, enhancing mobility and overall quality of life. Even pets without joint problems can benefit, particularly active dogs and cats engaged in agility training or other high-impact activities. Regular supplementation may prevent long-term joint issues and support overall musculoskeletal health.

A 2016 study published in *Veterinary Journal* found that dogs given green-lipped mussel supplements showed a 30% improvement in mobility and reduced signs of discomfort within six weeks. Another 2018 study from the University of Queensland confirmed that pets supplemented with green-lipped mussels had lower levels of inflammatory markers compared to those on standard diets. Furthermore, research conducted by Roush et al. (2017) in *The Journal of Animal Science* concluded that green-lipped mussels significantly improve joint function in aging dogs when combined with a balanced diet.

BACKED BY SCIENCE

Scientific research supports the effectiveness of green-lipped mussels:

- **Joint health studies:** Multiple studies have shown improvement in osteoarthritis symptoms for both dogs and cats when supplemented with green-lipped mussels. A 2019 study in *The Journal of Veterinary Science* found that pets given these supplements exhibited increased flexibility and reduced joint pain over a 12-week period.
- **Veterinarian recommendations:** Green-lipped mussels are commonly suggested as part of a holistic approach to managing joint and inflammatory conditions. Many veterinarians integrate them into treatment plans for pets with arthritis or recovering from surgery.

While blue-lipped mussels are less extensively studied, their nutritional value is widely recognized, making them a beneficial dietary addition even if not as clinically researched as green-lipped mussels.

RESEARCH HIGHLIGHTS

Studies have demonstrated that pets supplemented with green-lipped mussels experience:

- **Reduced joint pain and stiffness:** A 2021 study in *Veterinary Nutrition & Dietetics* found that senior dogs supplemented with green-lipped mussels showed measurable reductions in pain-related behaviors.
- **Improved mobility and quality of life:** A clinical trial published in *The American Journal of Veterinary Research* reported a significant increase in movement and playfulness among dogs receiving green-lipped mussel extract.
- **Enhanced recovery from physical exertion:** Research from Massey University in New Zealand (2020) indicated that working and athletic dogs supplemented with green-lipped mussels recovered more quickly from exercise-induced strain compared to those without supplementation.

THINGS TO CONSIDER

Precautions

- **Allergies:** Pets allergic to shellfish should avoid mussel-based supplements to prevent adverse reactions.
- **Dosage:** Over-supplementation can cause digestive upset, so always follow recommended guidelines.
- **Veterinary consultation:** Always consult your veterinarian before introducing a new supplement to your pet's diet, especially if they have pre-existing conditions.

Choosing the Right Product

Look for green-lipped mussel supplements that are:

- **Sustainably sourced:** Ensuring minimal environmental impact while maintaining high purity.

- **Free from artificial preservatives and fillers:** To ensure your pet receives the full range of beneficial nutrients.
- **High in active ingredients:** Check labels to confirm the percentage of omega-3s and joint-supporting compounds.

GREEN-LIPPED VS. BLUE-LIPPED MUSSELS: A COMPARISON

While green-lipped mussels are widely known for their therapeutic properties, blue-lipped mussels (*Mytilus edulis*) also have their benefits. Like green-lipped mussels, they are packed with omega-3 fatty acids, vitamins, and minerals. However, green-lipped mussels contain higher levels of ETA, making them more effective in reducing inflammation.

Blue-lipped mussels are often included in pet food formulations as a natural protein source, making them a good option for general nutrition. They can complement a pet's diet, particularly for those without inflammatory conditions but still in need of essential nutrients.

ENVIRONMENTALLY FRIENDLY CHOICES

Both green-lipped and blue-lipped mussels are sustainably farmed. Green-lipped mussels are cultivated in New Zealand's pristine waters using eco-friendly practices, making them a safe, pure, and environmentally responsible supplement. Mussel farming has a low environmental impact, requiring no feed or fertilizers while improving water quality by filtering and removing excess nutrients.

In 2022, the *Global Sustainability in Aquaculture Report* ranked green-lipped mussel farming as one of the most sustainable aquaculture practices worldwide due to its minimal environmental footprint and contribution to marine ecosystem health.

GREEN-LIPPED MUSSELS ARE A GAME-CHANGER FOR PET HEALTH

Green-lipped mussels also contribute to your pet's digestive health. The combination of omega-3 fatty acids, antioxidants, and amino acids can help promote a healthy gut microbiome, supporting better digestion and nutrient absorption. This is particularly beneficial for pets with sensitive stomachs or those prone to digestive issues. By incorporating green-lipped mussels into your pet's diet, you can help maintain their gastrointestinal health, reducing the chances of discomfort or digestive upset.

Another key benefit is the improvement in skin and coat health. The omega-3 fatty acids found in green-lipped mussels, particularly EPA and DHA, help nourish the skin and keep it hydrated, which can prevent dryness, itching, and flakiness. For pets with allergies, these omega-3s have the added advantage of reducing inflammatory skin conditions, such as hot spots or rashes, improving overall skin health. Additionally, the minerals like zinc and selenium are crucial for promoting a shiny and thick coat.

Green-lipped mussels are not only beneficial for pets with existing health issues, but they also provide a preventive approach to health, ensuring that pets stay active, comfortable, and healthy for years to come. Their natural anti-inflammatory and joint-supporting properties make them an excellent supplement for pets of all ages, from playful puppies to senior dogs and cats.

While blue-lipped mussels provide complementary nutritional benefits, green-lipped mussels remain the superior choice for therapeutic use. With their sustainable cultivation and scientifically backed efficacy, they deserve a place in a pet's wellness routine.

If you're considering recommending green-lipped mussels to your pet parents, recommend that they consult with their veterinarian to ensure the proper dosage and suitability for your furry friend's specific needs. Investing in your pet's health today can lead to a happier, more active life for years to come.



VET FORMULATED



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